

GIRL COULD NOT WORK

How She Was Relieved from Pain by Lydia E. Pinkham's Vegetable Compound.

Taunton, Mass.—"I had pains in both sides and when my periods came I had to stay at home from work and suffer a long time. One day a woman came to our house and asked my mother why I was suffering. Mother told her that I suffered every month and she said, 'Why don't you buy a bottle of Lydia E. Pinkham's Vegetable Compound?' My mother bought it and the next month I was so well that I worked all the month without staying at home a day. I am in good health now and have told lots of girls about it."—Miss CLARICE MORIN, 22 Russell Street, Taunton, Mass.



Thousands of girls suffer in silence every month rather than consult a physician. If girls who are troubled with painful or irregular periods, headache, dragging-down sensations, fainting spells or indigestion would take Lydia E. Pinkham's Vegetable Compound, a safe and pure remedy made from roots and herbs, much suffering might be avoided.

Write to Lydia E. Pinkham Medicine Co., Lynn, Mass. (confidential), for free advice which will prove helpful.

Guide-Advocate

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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, APRIL 14, 1916

NOTE AND COMMENT

Canada's prison population has contributed some of the heroes who gave their lives at Langemark, "saving the situation," according to Hon. C. J. Doherty, minister of justice, who states that over one hundred men have been released to serve their country. Between sixty and seventy of these going with the first overseas contingent, had fallen in the defence of the civilization at which they themselves had warred.

The number of widows of British soldiers who have been reported to the army council is 41,500 according to William Hayes Fisher, parliamentary secretary of the local government board, in a speech to the house of commons committee on the war pensions bill, Friday. There are about 8,000 widows of sailors, Mr. Fisher added.

Five hundred thousand acres of free land are being provided in South Africa to ex-soldiers after the war. Canada has free land for homesteading, but we have learned that making grants of land as an inducement to get non-agriculturists upon it is not very satisfactory. No man will make a successful farmer unless he is im-

FEEBLE, AGED WOMAN

Says Vinol Made Her Strong
Grand Saline, Texas.—"I am an aged woman and for a long time was weak and feeble but Vinol restored my health and strength so that I feel almost young again and am doing all my housework. Old people who are weak and feeble should try Vinol and know its merits as I do. It is the best medicine to create strength and for chronic colds I have ever taken."—Mrs. FANNIE E. RODGERS.

Vinol, our delicious cod liver and iron tonic, is sold on our guarantee to benefit or your money will be returned.

Taylor & Son, Druggists, Watford.

elled by a desire to go on the land.

The kaiser is said to have found out now that Zeppelins are of little use. Perhaps the storm of indignation that has been directed against Germany from the whole world at the slaughter of innocent women and children by means of this device, has something to do with the decision of the German government to cut down its manufacture and possibly eliminate it altogether.

With the object of securing thorough organization of provincial resources for the prosecution of the war and the maintenance of agricultural and industrial production and to inquire into and report upon methods of assisting in the work of recruiting in Ontario, a legislative committee of 14 members has been appointed by the House. This action was taken following the adoption of a resolution moved by Leader Rowell and concurred in by the Government.

This Summer's Holidays Should be on the Farm

(St. Marys Journal)

Conscription is winning many friends these days. Certainly it is the fairest, and most economical method of securing an army. This expensive and unsatisfactory method of wheeling more or less unwilling men into attaching their names to a paper has little to commend it. In the meantime, however, it is the plan in vogue and we must make the best of it. Men are wanted and men must be got. The fear of difficulty in securing a bountiful crop, has probably been overworked. Even agriculture will have to be in a measure subordinated to the needs of the army, and the men secured regardless of the effect on agriculture. However, if the matter is met in a patriotic manner by the people we see no reason why agriculture should seriously suffer. The Educational Department are going to allow the students of the High Schools and Collegiates an early vacation, and they might even delay the opening a little in the autumn. This will help, particularly if town and city people are sufficiently patriotic to send their boys out onto the farms instead of loafing around town, or going into camp at some lakeside resort. They can be utilized on the farms, to the benefit of both farmer and boy and the greater benefit will go to the boy.

That the retired farmer should, wherever his physical condition at all warrants it, go back to help this summer, goes almost without saying. Even if money is no object patriotism demands that all sources of labor be utilized at this time.

Another source of farm help we have not seen mentioned and that is the stores and shops in town. Years ago it was the regular custom of merchants to either go themselves or send their clerks out into the harvest fields for longer or shorter periods during the duller summer months. This custom could, with advantage, be revived and instead of kicking their heels in idleness all week clerks could have a month or two in the country to help in this crisis, returning perhaps to town for Saturday's business.

Nor are clerks in stores and shops the only available supply. Would not a month or two, or three on the farms in the country be as health-giving to our school teachers and preachers as a cottage at Port Stanley, or in Muskoka. We believe it would, and they would, to that extent, be "doing their bit" for their country at the same time. There are probably other sources that could be called upon if the care of this season's crop prove too great a tax on these labor resources. Soldiers are needed and needed now, and the rural parts must furnish their quota.

Warts are disfigurements that disappear when treated with Holloway's Corn Cure.

One hour for lunch each day must be allowed all woman workers in New York state.

A Vienna physician has obtained good results and effected some cures by treating insane persons with hypodermic injections of pure oxygen.

Mrs. Thos. Jennings has settled her claim of \$200 against the Town of Petrolia for injuries sustained through falling over a fallen electric light pole. By the terms of settlement made on Monday Mrs. Jennings accepted \$75, the Town to pay her doctor's bill of \$10. As the Town is insured against damages of this nature it will be reimbursed for the full amount.

Flax a Valuable Crop from an Agricultural and Industrial Standpoint

The flax crop of Canada has come into prominence more than ever this year on account of the losses of the flax fields in Europe. Forty-four per cent of the world's supply of this valuable fibre plant was produced in countries now engaged at war. As a result there has been an enormous shrinkage in the world's supply of flax during the year 1915. Prices of fibre have more than doubled during the past year and spinning mills are greatly concerned for their future supply of raw material.

From the days of the earliest settlement flax has been grown along the St. Lawrence and in Western Ontario and spun into home-made linen. Of late years, however, this crop has not been popular with farmers, it being claimed that it is particularly hard on the land. Scientific investigation does not back out this theory. Flax is a quick-growing, surface feeding crop and, as such, draws heavily from the available plant food of the upper six inches of the soil. An average crop of flax, however, does not take as much total plant food from the soil as an average crop of the deeper rooted cereals, such as wheat, oats or barley. This fact has been established beyond a doubt by investigational work carried on at the Central Experimental Farm, Ottawa.

Farmers would be well advised to pay more attention to this crop from now on. Prices now being offered by flax mills for fibre straw make it a valuable cash crop. In most cases the mill operator agrees to take the responsibility of harvesting the crop, a feature which will tend to relieve the serious labor situation confronted by many farmers. Even where no mills are operating, flax may be grown with an assurance of a ready market. Linen mills in the United States are offering as high as \$15.00 per ton for good No. 1 Canadian flax, delivered at station.

Aside from its agricultural value, flax has a very important economic value at the present time. Flax fibre is the raw material of the spinning mills and this yarn is the raw material of the linen mills used in the manufacture of linens. Flax developed to the limit of its possibilities will produce a greater amount of increased wealth than any other plant grown and for this reason more attention should be given to its cultivation in Canada. At present prices the export value of an acre of flax runs between \$125.00 and \$150.00, more than four times the export value of ordinary cereal crops. If flax mill owners and farmers will cooperate in placing the flax industry on a permanently profitable basis, a valuable addition will have been made to Canada's growing export trade.

G. G. Bramhill, Flax and Fibre Specialist, C. E. F., Ottawa, Ontario.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address: F. J. CHENEY & CO., Toledo, O.

Sold by all Druggists 75c. Take Hall's Family Pills for constipation.

Great Britain has seventeen women who are peereesses in their own right. Japanese women residing in foreign countries number over 180,000.

Last year 350 patents were applied for in the U. S. by women.

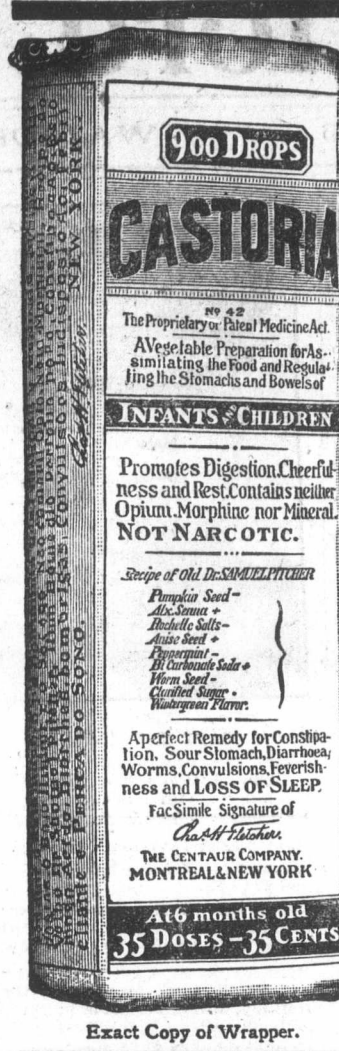
Military service of certain sorts is compulsory for women in Hungary.

Saint Louis has a policeman who receives a salary of \$65 per month.

In the Philippine islands women and girls are employed as road workers.

Nearly all the work on the Paris newspapers is now being done by women.

A Sure Thing, Bill—Are we down-hearted? Tom—No, but I'm fearfully tired. It's nervous exhaustion, I guess. Bill—Well, there's no need to stay tired, Tom. Go and get a box of Takake pills. They'll fix you up. Fifty cents a box at your druggists, or by mail from the Georgian Mfg. Co., Collingwood, Ont. 3



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

of

Chas. H. Fletcher

In Use

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

ROLL CALL

By May L. Armitage (Mrs. Reginald Smith) written by request.

There's a little word describes him, and it fits him to a "T".
It may sound harsh and nasty, but he's earned it—don't you see?
A Slacker! Ah, the pity! As his brothers face the fray!
His place is vacant, his the gap that helps to lose the day!
For who will hold the old Flag up with dangers raging round?
NOT the slacker!

You will find him in the tea-room, and he dances "awfully well";
You will find him on the golf links, and the game he plays is "swell";
You will find him chasing business, but the business is his own,
And his country—could you call it his?—can fight it out alone—
For will he hold the old Flag up when battle must be done?
He, the slacker!

In the days of peace and plenty with the flag of Liberty
Swinging to the breeze of freedom o'er the tranquil land and sea,
You could hear him—yes, the slacker, as he stood with careless grace,
Decclaim about "our Empire" and the greatness of "our race";
But does he hear the Empire's call as war clouds thicken round?
The dear slacker!

He can read the evening paper, see its pages brimming o'er
With tragedy and valor, and the nation steeped in gore;
The angels weep in pity at the awful sights of war,
But he, the slacker, lights his pipe and says, "Well, here's a go";
Can't some one keep the old Flag up until the battle's won?
Bah! the slacker!

When women's hands are ready to relieve him of his task,
When soldiers, back from battle, a more easy job would ask,
When mothers, sisters, sweethearts, steel their hearts to let him go,
When traitors' plottings through the land a gasty harvest sow
Will he not hold the old Flag up for very shame?
Even, then, the slacker!

The bands are gladly playing, and the men march proudly by,
In hundreds and in thousands they have heard their country's cry,
Shall they leave us—ah! the sorrow—to our trifling, meagre tasks,
Shall our nation hate to own us as she confidently asks
That we shall hold the old Flag up no matter what the cost,
And not be slackers!

'Tis ours—this blessed country, she has given us her best,
She has nurtured and has kept us on her broad and ample breast.
Now she asks us—shall we shame her—that we be her sons, indeed,
That honor, truth and freedom mark the pathway where we lead!
Then let us hold the old Flag up for all that's true,
For we're not slackers!

HOUSEKEEPING LABOR SAVERS

Don't grab all the labor saving machinery. Give the lady who gets your meals a chance.

- Home Washer - \$12.00
- Excell All Washer - 0.00
- Bonnie Washer - 6.50
- Wringers - \$3.00 to 4.50
- Carpet Sweepers, \$3.00 to \$4.00.
- Vacuum Cleaner and Sweeper combined - \$6.00



The N. B. Howden Est.